
Sesame Steak

Stephen Fisher

Servings: 6

Preparation Time: 15 minutes



Must do at least 5 hours before serving.

1/2 cup vegetable oil
1/3 cup sesame seeds
4 onions, sliced
1 tablespoon sugar
salt and pepper
1/4 cup lemon juice
2 cloves garlic, pressed
1 1/2 inch top round steak
1/2 cup soy sauce

Start marinading 5 hours before serving.

Heat oil & cook sesame seeds until golden - stir often.

In shallow dish combine oil & seeds, onions, soy sauce, lemon juice, sugar, salt & pepper and garlic.

Turn meat and cover to marinate - refrigerate.

Cook on grill about 10 minutes to a side.

Beef, Main Dishes